

Winter's Threat

Winter is here with the season sports activity—football, basketball, skiing—increases. Fires, falls, and traffic accidents also generally increase, which means that injuries will multiply accordingly.

These injuries may often be accompanied by shock.

Shock can be thought of as a state in which there is too little blood in the body for good health. This lack may be caused by a decrease in blood volume, as in bleeding from an injury; or by loss of water and salt, as from sweating in heat exhaustion. Shock also results from increased capacity of the blood vessels, which occurs, for example, in instances of severe pain. Most shock cases involve both loss of blood and an increase in blood vessel capacity.

Signs which accompany shock are pallor, clamminess of the skin, feeble and rapid pulse, anxiety.

Protection of an injured victim may be complicated by the fact that the accident occurred in cold weather. Consequently, keep the following suggestions in mind while waiting for medical help:

1. Conserve Body Heat. In winter you may wonder how much covering the victim should have. The tendency is to use too much. Keep the victim on the edge of being chilly; this will prevent marked loss of body heat. Accordingly, the skin should be pale, not flushed, (though some head injury victims have flushed skin even though no covering is applied.) Too much covering can be very harmful if a doctor arrives, as can happen in the country or on a crowded freeway. However, much body heat can be lost if the victim is lying on a cold surface, so one or more blankets should be placed beneath him under these circumstances.

2. Keep the Victim Lying Down. The error of having the injured victim sit or stand is probably greater than that of overcovering him. Keep the victim in a prone position.

3. Move carefully. Unless great care is taken in moving the victim from a hazardous road or an automobile, injuries may be made worse and the shock danger increased. For good shock first aid, move the injured person as little as possible, keep questions to him at a minimum, and avoid measures that cause pain.

4. Giving Water. If medical help will soon arrive, water is not needed; if there is a long wait, it is necessary. When about half an hour passes, water should be considered for victims who have suffered marked bleeding, burns over more than 10 per cent of the body, fractures of large bones, and for those who are definitely thirsty and pale. Water should not be given when there is a penetrating abdominal wound, when the victim is nauseated, vomiting, faces an early operation, or is unconscious, when giving water, try sips at first to test the victim's tolerance. If nausea does not develop, give a third or half glass every 10 to 15 minutes. After the victim has taken a good amount of water—three or four half glasses within an hour—no more is needed unless there is a definite thirst. Alcohol is not advisable.

Cherry Roly Poly

For something a little different, but a dessert that is tops, try Cherry Roly Poly. It is easy to prepare and delightful to taste.

CHERRY ROLY POLY
Mix and sift 2 1/2 cups pastry flour, 1/4 cup sugar, 3 tsp. baking powder and a dash salt. Cut in 2/3 cup butter until like coarse meal. Mix 2/3 cup milk with 1 beaten egg and stir into dry ingredients until all is well moistened. This should be soft dough. Toss on lightly floured board and roll out 1/2 inch thick.

Cover with 2 cups chopped fresh cherries or canned when fresh are not available. Sprinkle with 1 cup sugar and dot with 2 tablespoons butter. Roll as for jelly roll or just fold over and lift to greased baking pan. Tuck the ends of dough in to prevent loss of cherry juice.

Sprinkle lightly with sugar and a whiff of cinnamon if you wish. Bake in moderate oven (375 deg. F.) until nicely browned and oozing the rich red cherry sauce. Serve warm with cherry sauce. Delicious.

TB can be swept out—Treatment is the tool! GET A TB CHECKUP (Tuberculin skin test or chest X-ray) TO FIND AND BEAT TB

Executive's Dinner Club Slates 'Cy' Radcliffe

"Cy Radcliffe, a young fellow who made good as a small businessman running a successful farm implement business in Idaho, and who "Retired" after a long tangle with the Labor Relations Board which insisted it knew more about running his business than he did, will be the next guest speaker of the Executives' Dinner Club of the Torrance Area on the evening of Saturday, January 7, 6:30 p.m. at the Plush Horse Restaurant, it was announced today by President R. S. Pyle.

Radcliffe has just returned from a lengthy observation trip to the Iron Curtain Countries, The Arab and Jewish states and Southern & Eastern Asia. He viewed labor conditions, production facilities and potentials in these



RADCLIFFE

Findings on Price of Tv

It costs six cents an hour to watch TV... and you can divide that by the number of people watching at any given hour.

Here are average cost estimates, based on industry figures available:

Cost of set: \$29.89 per year (based on average original price of \$269 and conservative estimate of 9-year life.)

Electricity: \$8.16 a year (based on 325 kilowatt hours at 2 1/2 cents per hr.)

Insurance: 73 cents a year (at rate of 27 cents per hundred dollars of valuation.)

Moving: \$2 a year (if you're an "average" family that moves once every five years.)

Repairs: \$40.36 a year—and that's the high average figure.

If you want to add these all up and divide by the average number of viewing hours (1,300)... you get 6.2 cents an hour.

One of the biggest maintenance items is replacing the picture tube. There are two kinds of replacement tubes available—the rebuilt, and an all-new one. According to surveys and production figures, many people who think they are getting all-new tubes are really getting a rebuilt—and paying the all-new price.

TV repairmen's organizations warn the public to be sure they get what they pay for.

Great Western To Continue 4 1/2% Interest Rate

Emil Seliga, executive vice president of Great Western Savings and Loan Association, reports that fourth quarter interest payments declared by directors total over \$3,150,000 increasing 1960 earnings of savers to \$12,074,000. Seliga went on to say that the Great Western board of directors has voted the continuation of the 4 1/2% annual interest rate through the first quarter of 1961.

Quarterly interest payment, computed at the annual rate, 4 1/2% will be paid to nearly 100,000 customers. Great Western, now the seventh largest Savings and Loan Association in the nation, has seven offices in Southern California with assets totaling over \$345,746,000.

NEW DIFFICULTIES
We have inherited new difficulties because we have inherited more privileges.

Year End Checklist

If for no other reason, people should welcome the end of a calendar year as a point in time from which to start anew. And this holds just as true for the gardener as for any other sinner.

While chalking up a year-end list of regrets and proposed resolutions, think back through the garden year. Let's look at lawns, for instance. Does it reflect the loving care of a head greenskeeper, or does it look more like the rough beyond a fairway? Make a note on the checklist to indicate just what went wrong and next week resolve to do something about it in 1961.

Roses look as fresh and full in fall as they did in spring? Or did they reflect a certain neglect? Did you forget to follow a planned spray schedule or failed to feed them or mulch around them as the California Association of Nurserymen recommended. Be objective and list any shortcomings as a rose gardener.

And that front pathway—did weeds get out of hand. Forgot to plant a ground cover that might have choked them out? Did the parking strip detract from an otherwise pleasant approach to the house?

One of the most important things a gardener can do at year's end is to take his checklist in hand and sally forth into the garden. There, in the zealous spirit of reform, write down all he sees that could be improved in 1961.

This will include uprooting worn out or overgrowing plant material, re-arranging plant beds, moving shrubs and planning new plantings.

May not accomplish half of what he firmly resolves to do. But at least setting a goal, will make gardening more exciting.

CAMELLIAS
Camellias, like few flowering shrubs, will live happily for years with their roots cramped into a tub. They seem, if anything, happier for this discomfort than not. Therefore, it is wise for the gardener to choose a durable container when planting a camellia this way, figuring that he won't have to move it up to a size larger for a long time. There are reports of 100-year-old camellias still thriving in two-foot square planter boxes.

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